



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01152, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A**

**Report Date: July 09, 2017 12:24 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

| Nutrient                       | Unit | 1 Value<br>Per100 g | Data points | Std. Error | 1 cup<br>245g | 1 quart<br>980g |
|--------------------------------|------|---------------------|-------------|------------|---------------|-----------------|
| <b>Proximates</b>              |      |                     |             |            |               |                 |
| Water                          | g    | 87.71               | --          | --         | 214.89        | 859.56          |
| Energy                         | kcal | 56                  | --          | --         | 137           | 549             |
| Energy                         | kJ   | 232                 | --          | --         | 568           | 2274            |
| Protein                        | g    | 3.95                | --          | --         | 9.68          | 38.71           |
| Total lipid (fat)              | g    | 1.98                | --          | --         | 4.85          | 19.40           |
| Ash                            | g    | 0.87                | --          | --         | 2.13          | 8.53            |
| Carbohydrate, by difference    | g    | 5.49                | --          | --         | 13.45         | 53.80           |
| Fiber, total dietary           | g    | 0.0                 | --          | --         | 0.0           | 0.0             |
| <b>Minerals</b>                |      |                     |             |            |               |                 |
| Calcium, Ca                    | mg   | 143                 | --          | --         | 350           | 1401            |
| Iron, Fe                       | mg   | 0.06                | --          | --         | 0.15          | 0.59            |
| Magnesium, Mg                  | mg   | 15                  | --          | --         | 37            | 147             |
| Phosphorus, P                  | mg   | 112                 | --          | --         | 274           | 1098            |
| Potassium, K                   | mg   | 182                 | --          | --         | 446           | 1784            |
| Sodium, Na                     | mg   | 59                  | --          | --         | 145           | 578             |
| Zinc, Zn                       | mg   | 0.41                | --          | --         | 1.00          | 4.02            |
| Copper, Cu                     | mg   | 0.011               | --          | --         | 0.027         | 0.108           |
| Manganese, Mn                  | mg   | 0.002               | --          | --         | 0.005         | 0.020           |
| Selenium, Se                   | µg   | 2.6                 | --          | --         | 6.4           | 25.5            |
| <b>Vitamins</b>                |      |                     |             |            |               |                 |
| Vitamin C, total ascorbic acid | mg   | 1.1                 | --          | --         | 2.7           | 10.8            |
| Thiamin                        | mg   | 0.045               | --          | --         | 0.110         | 0.441           |

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|------------------------------------|------|------------------------|----------------|------------|---------------|-----------------|
| Riboflavin                         | mg   | 0.194                  | --             | --         | 0.475         | 1.901           |
| Niacin                             | mg   | 0.101                  | --             | --         | 0.247         | 0.990           |
| Pantothenic acid                   | mg   | 0.339                  | --             | --         | 0.831         | 3.322           |
| Vitamin B-6                        | mg   | 0.046                  | --             | --         | 0.113         | 0.451           |
| Folate, total                      | µg   | 5                      | --             | --         | 12            | 49              |
| Folic acid                         | µg   | 0                      | --             | --         | 0             | 0               |
| Folate, food                       | µg   | 5                      | --             | --         | 12            | 49              |
| Folate, DFE                        | µg   | 5                      | --             | --         | 12            | 49              |
| Vitamin B-12                       | µg   | 0.39                   | --             | --         | 0.96          | 3.82            |
| Vitamin A, RAE                     | µg   | 17                     | --             | --         | 42            | 167             |
| Retinol                            | µg   | 16                     | --             | --         | 39            | 157             |
| Vitamin A, IU                      | IU   | 75                     | --             | --         | 184           | 735             |
| <b>Lipids</b>                      |      |                        |                |            |               |                 |
| Fatty acids, total saturated       | g    | 1.232                  | --             | --         | 3.018         | 12.074          |
| 4:0                                | g    | 0.013                  | 8              | 0.001      | 0.032         | 0.127           |
| 6:0                                | g    | 0.002                  | 12             | 0.000      | 0.005         | 0.020           |
| 8:0                                | g    | 0.003                  | 12             | 0.000      | 0.007         | 0.029           |
| 10:0                               | g    | 0.005                  | 12             | 0.001      | 0.012         | 0.049           |
| 12:0                               | g    | 0.003                  | 12             | 0.000      | 0.007         | 0.029           |
| 14:0                               | g    | 0.024                  | 12             | 0.001      | 0.059         | 0.235           |
| 16:0                               | g    | 0.073                  | 12             | 0.004      | 0.179         | 0.715           |
| 18:0                               | g    | 0.026                  | 12             | 0.001      | 0.064         | 0.255           |
| Fatty acids, total monounsaturated | g    | 0.065                  | --             | --         | 0.159         | 0.637           |
| 16:1 undifferentiated              | g    | 0.009                  | 12             | 0.001      | 0.022         | 0.088           |
| 18:1 undifferentiated              | g    | 0.498                  | --             | --         | 1.220         | 4.880           |
| Fatty acids, total polyunsaturated | g    | 0.009                  | --             | --         | 0.022         | 0.088           |
| 18:2 undifferentiated              | g    | 0.045                  | --             | --         | 0.110         | 0.441           |
| 18:3 undifferentiated              | g    | 0.003                  | 11             | 0.000      | 0.007         | 0.029           |
| 20:4 undifferentiated              | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| Cholesterol                        | mg   | 8                      | --             | --         | 20            | 78              |
| <b>Amino Acids</b>                 |      |                        |                |            |               |                 |
| Tryptophan                         | g    | 0.050                  | --             | --         | 0.122         | 0.490           |
| Threonine                          | g    | 0.161                  | --             | --         | 0.394         | 1.578           |

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|---------------|------|------------------------|----------------|------------|---------------|-----------------|
| Isoleucine    | g    | 0.216                  | --             | --         | 0.529         | 2.117           |
| Leucine       | g    | 0.350                  | --             | --         | 0.858         | 3.430           |
| Lysine        | g    | 0.283                  | --             | --         | 0.693         | 2.773           |
| Methionine    | g    | 0.090                  | --             | --         | 0.221         | 0.882           |
| Cystine       | g    | 0.033                  | --             | --         | 0.081         | 0.323           |
| Phenylalanine | g    | 0.172                  | --             | --         | 0.421         | 1.686           |
| Tyrosine      | g    | 0.172                  | --             | --         | 0.421         | 1.686           |
| Valine        | g    | 0.239                  | --             | --         | 0.586         | 2.342           |
| Arginine      | g    | 0.129                  | --             | --         | 0.316         | 1.264           |
| Histidine     | g    | 0.097                  | --             | --         | 0.238         | 0.951           |
| Alanine       | g    | 0.123                  | --             | --         | 0.301         | 1.205           |
| Aspartic acid | g    | 0.271                  | --             | --         | 0.664         | 2.656           |
| Glutamic acid | g    | 0.748                  | --             | --         | 1.833         | 7.330           |
| Glycine       | g    | 0.076                  | --             | --         | 0.186         | 0.745           |
| Proline       | g    | 0.346                  | --             | --         | 0.848         | 3.391           |
| Serine        | g    | 0.194                  | --             | --         | 0.475         | 1.901           |
| <b>Other</b>  |      |                        |                |            |               |                 |